

Speaking Engagements

“So, come dream with me.
Teach someone today how to approach their fears, one step at a time.
I promise you, it will change their lives, and yours.”

-Dr. Luana

Why should I book Dr. Luana?

Speaking from decades of experience as a scientist and clinician, Dr. Luana makes science-driven strategies simple and applicable to everyday challenges.

“I really appreciated Dr. Luana’s presentation . . . it’s quite **different from anything I’ve seen** on zoom—it was so easy to take in the information.”

-Attendee, Harvard Club UK

“Dr. Luana was a fantastic partner who offered **tremendous insight** to both our managers and employees on wellbeing. Her presentations were **thoughtful and reliable**, and offered our employees **practical tools and ideas** to build mental resilience.”

-Shavit Bar-Nahum, Moody’s

How does Dr. Luana empower and equip audiences?

In an engaging, charismatic, and active manner, Dr. Luana draws in audiences to help them face and overcome anxiety. She brings practical anxiety management strategies to audiences, customizing content to the audience in real-time and challenging each individual to step out of their comfort zone! Dr. Luana brings a wealth of knowledge, experience and compassion to each event. As a Latina woman, Dr. Luana is able to speak to experiences of overcoming anxiety and adversity in her own life.

What can I learn from Dr. Luana?

The following are a sampling of topics that Dr. Luana has shared with workplaces, leadership groups, and general audiences around the world.

Workplace Wellness

- **Setting Your Pace for Wellness.** Work-related stress and anxiety impact work productivity, performance, and quality, resulting in \$4 billion indirect workplace costs in the United States annually. How do we work well while experiencing significant stressors? In this presentation, Dr. Luana teaches the biological underpinning of stress and simple science-driven skills for setting a pace to maintain wellness.
- **Comfortably Uncomfortable: Working in the Zone.** Anxiety can prevent us from asking for a raise, giving difficult feedback, sharing our ideas during a team meeting, or submitting a proposal. Although it never feels good to feel uncomfortable, in this presentation, Dr. Luana shares how to maximize your potential at work by using science-driven skills to approach uncomfortable situations.
- **Balancing Work and Home Life.** More than three-fourths of employees' state that work-related stress carries over to their personal life and negatively impacts relationships with spouses and loved ones. Remote work has further blurred the boundary between work and life at home leaving many individuals asking, how can I balance work and home life? In this presentation, Dr. Luana shares evidence-based strategies for setting and maintaining boundaries that reduce stress and improve productivity—at work and at home.

Leadership

- **Identifying and Responding to Anxiety in the Workplace.** Although many organizations have begun to recognize the importance of addressing anxiety, often managers are at a loss when it comes to approaching the topic of mental health with team members. In this presentation, Dr. Luana teaches individuals how to identify the signs of emotional challenges in the workplace through the lenses of cognitive behavioral science and how to respond.
- **Managing Yourself to Manage Others.** The wellness of organization leaders is essential to the overall wellness of an organization. In this presentation Dr. Marques equips leaders with science-driven skills for managing personal wellness so that they are prepared to support the wellness of their team.
- **Setting Your Team's Pace for Wellness.** How do you, as a leader, help team members manage their energy and perform their best? In this presentation, Dr. Luana teaches managers how to foster an emotionally healthy workplace through productive conversations and implementation of science-driven strategies.

To book Dr. Luana visit drluana.com